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Bangalore Mirror

TEMP Max 27 | Min 17 | Humidity 53% Clear with periodic clouds Sensex 69,551 | Nifty 20,906 | Gold 61,240 | Silver 72,965 | Dollar 83.41 | Euro 89.90 | GBP 104.45

OVERSITE
Town planners in charge

PAGE 4

LOOKOUT
Have passport, will set sail

PAGE 7

Environmentalists say trees and lakes must coexist as forest dept plans to axe 917 trees by the waterbody in Anekal

FREE THE TREE

PEXELS/PIXABAY – FOR ILLUSTRATION PURPOSE ONLY

Trees impact groundwater, say gram panchayat members

| Garima Prasher
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TWEETS @BangaloreMIRROR

> **"Since so many trees have been proposed to be cut, a study on the biodiversity of the area must be conducted**
> — V Ramprasad, founder, Friends of Lakes

Karnataka Forest Department (KFD) has put out a public notice regarding the removal of 917 trees for a lake development project in Anekal.

The development work of Thigala Chowdadenahalli Lake is being taken up by Yamara gram panchayat to improve groundwater levels in the area.

According to the gram panchayat members, all 917 trees standing in the lake area have impacted the storage capacity of the waterbody.

"The water storage capacity of the lake has reduced drastically due to the trees. The lake is spread over an area of nearly 33 acres, out of which the trees are standing over 15 acres. This has led to a drop in the groundwater table, causing a shortage of drinking water for the villagers. We have thus decided to remove these trees. The majority of the trees are acacia and are over 30 years old," said a member of Yamara gram panchayat.

Through the public notice, the KFD has invited public objections against cutting the trees under the Karnataka Preservation of Tree Act.

According to city-based environmentalists, while acacia is

CONTINUED ON PAGE 8 »

Wind up infra chronicles

Rotary flyover, parking facility at Freedom Park remain unfinished as year wraps up

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Two essential projects in decongesting the city shall remain incomplete for Bengalureans this year as well.

The Rotary flyover planned near Sir MV Terminal and operationalisation of the Freedom Park parking facility are the two critical projects in question.

Due to the mid-year election and consequent delay in projects, Bengalureans did not see many projects completed. However, two of the aforesaid projects that have received an immense amount of attention - for facilitating decongestion - will not be completed this year as well.

The elevated rotary flyover at the IOC junction near Sir MV Terminal was expected to provide connectivity to Maruthi Sevanagar, Banaswadi, Kammanahalli, and Baiyappanahalli. The project cost was estimated at Rs 263 crore. But recently the BBMP officials said the project will cost as much as Rs 380 crore.

"The flyover planned at IOC junction may increase congestion in Maruthi Sevanagar; so, we are planning to add an extension from Maruthi Sevanagar-IOC junction to the ITC factory. We will be adding a ramp. The revised documents have been sent to the government for approval," said a senior BBMP official.

The proposal for operationalising the

CONTINUED ON PAGE 8 »

Senior citizen vents acid attack on chomping cattle

Woman arrested for throwing acid to prevent cattle from entering her vacant plot and eating the grass

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In a horrifying incident, a senior citizen has been arrested for attacking cattle with acid to prevent them from creating nuisance by venturing into her property. The unfortunate incident has got animal activists up in arms as they demand more stringent action against the accused person.

Based on complaints lodged by cattle owners, Soladevanahalli Police have registered a first information report (FIR) and arrested the accused for allegedly throwing acid on the cattle. "We have registered an FIR and also taken the accused into custody," said Soladevanahalli Police Inspector.

The FIR was registered against Grace Joseph of Guni Agrahara under the Section 11(1)(A) (Making the animal to suffer with pain) of Prevention of Cruelty to Animals Act, 1960 and the Section 429 (Mischief by killing or maiming cattle) of the IPC 1860.

According to the complaint, cattle owners Krishna, Hanumantharaju, Nagaraj, Sriram, and Prakash were shocked to see some of their cattle suffering with burn injuries during the last 15 days. They said that they spent money to provide treatment to the cattle for burn injuries. "We considered the burns injuries as a disease and consulted a veterinary doctor to treat the cattle. Finally, we came to know the burns were caused due to acid thrown on the cattle. We lodged a complaint with police on December 10. We came to know that Grace has been throwing acid, meant for clearing tiles, on the cattle for the last 15 days," said Krishna, one of the complainants. It is learnt that Grace owns a patch of land and she wanted to prevent cattle from eating the grass there.

A veterinary officer looks at an injured cattle, one among the several animals burnt by the acid, in Soladevanahalli

Demanding that the accused must bear the cost of treatment for the cattle who suffered burn injuries, Guni Agrahara Milk Suppliers Cooperative Society Chethan Kumar B said cattle owners spent their hard earned money in the last 15 days and some of the cows are not giving milk after suffering burns.

The Animal Husbandry and Veterinary Sciences Deputy Director said a veterinary officer has been deputed to Guni Agrahara village to treat the cattle. "We have interacted with the farmers and arranged medicines. The condition of the cattle is stable," said the Deputy Director.

However, animal activists have demanded stringent action against the accused for attacking the cattle. "Causing injuries to cattle is against the law. The police have to investigate how the accused stored such a quantity of acid. It is also to be known whether the accused was alone or accompanied by some more people," said Arun Prasad, an animal activist.

> **We have interacted with the farmers and arranged medicines. The condition of the cattle is stable** –Animal Husbandry & Vet Sciences Dy Director

Expressing shock over this unfortunate situation where animals continue to suffer at the hands of humans, Sujaya Jagadish, a member of SPCA, said the perpetrators of this crime must be brought to justice and at the same time the department must ensure proper facilities to cattle owners that will enable them to care for their animals at home rather than leave them to wander in the streets which exposes them to dangers. "One proposal I had submitted in a meeting held in the Deputy Commissioner's office on January 31, 2023, was to establish 'Mevu Kendras'. If there can be Indira Canteens, Drinking Water Centres, for humans then why not Fodder Centres? The Deputy Commissioner, Ministries (CM, DCM, AHVS) must consider this on a fast track basis," said Jagadish.

Former member of Karnataka Animal Welfare Board Rashmi D'Souza demanded the state government abolish the existing animal welfare board as it is not functioning effectively. "The state government has to reconstitute the animal welfare board and Society for Prevention of Cruelty Animals (SPCA) at district level and appoint anti-cruelty inspectors," said D'Souza.

CRIME FILES

'Biggest drug haul' in city

The Central Crime Branch (CCB) confiscated drugs valued at Rs 21 crore, intended for distribution at rave parties, Bengaluru Police Commissioner B Dayananda said on Tuesday. He added that this is the "biggest drug seizure in the city".

An African national residing in Ramamurthy Nagar has been apprehended by the police. The police acted on intelligence, and the CCB's anti-narcotics division conducted a raid on a residence and seized drugs, including 16 kg of MDMA in crystal and powder form, valued at Rs 16 crore, and 500 grams of cocaine valued at Rs 5 crore. The arrested individual, identified as Leonard Okwudili from Nigeria, had been living in Bengaluru for a year on a valid business visa. The police discovered a variety of drugs hidden in soap boxes, bedsheet covers, and chocolate boxes in his residence in Ramamurthy Nagar.

NGO scammer held

The CCB apprehended a person who had deceived various NGOs by pledging to secure Corporate Social Responsibility funds for them. According to the Police Commissioner, the accused, Prathap, specifically targeted NGOs involved in welfare initiatives for senior citizens. He faced multiple cases of bounced cheques. The arrest followed complaints lodged at Halasuru and Peenya Police Stations. A chartered accountant initiated a case alleging that the man had defrauded 18 NGOs.

Lock your profile

Police personnel also alerted citizens to be cautious on social media, and "lock their profiles", due to the alarming increase in cybercrime.

The police discovered thousands of manipulated photos of women on the phone of a private company employee. The police revealed that Aditya, a customer service agent at a BPO, was apprehended in November for accumulating photos of women from social media platforms. **BMB**

City waits with bated breath for NYE party rules

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It looks like it will be a grand new year's eve this time after the city's complete recovery post-pandemic. Anticipating a huge crowd this year, Bengaluru police is going to have a meeting next week to discuss the guidelines. "We are going to have the meeting, and after that we will be issuing a detailed guideline," said a top cop.

Hotels in the city are also expecting the rules for new years' eve celebrations to be a bit relaxed from the previous years.

PC Rao of the Hotel Association said that despite the pandemic lockdown being lifted last year, they didn't see any foreign national bookings but this year they are anticipating the business to be good as several foreigners are also visiting the city.

"During covid, there were limitations on everything and we suffered due to weak business. Last year, the business was doing better, however it wasn't doing as great as it did back in 2017-18. But this year, we have some hope, as we can see that the hotels will soon have a full booking," he said.

He added that the hotel owners are expecting police to not bring any strict restrictive laws that might hamper their business.

"We will cooperate with the police when it comes to safety concerns as it is important. We are also hoping that police don't bring any new regulations that will be impractical for us," he added.

Eye on traffic

Another concern for citizens has been the parking and vehicle entry routes in major hot spots of the city. While some citizens want the police to restrict traffic movement in some places to ensure road safety, others say that some key roads should be opened for free flow of traffic.

"Last year, vehicle entry was stopped at a few places, this year we are hoping that vehicles should be allowed on MG Road. Church Street and other cross roads can be barred for vehicles. This is because MG road is used by many commuters. Causing inconvenience to them because of celebrations is uncalled for," said Shruthi, a resident. Another citizen said, "It will be good to not have any two wheelers racing around at crowded places."

While some citizens also remembered the horror of 2017, when the incident of mass molestation had rocked the city. They said that they were hoping the police would be present everywhere.

"The city police are doing a great job these days when it comes to visibility, and especially the dial 112 service. We are hoping that in the new years' eve, we have extra tight security. Hopefully the police will have several checkpoints for drink and drive cases as well," said a citizen.

3 THINGS TO DO

01 Art for heart's sake

Get ready to attend the 3rd edition of the India Art Festival (IAF), which aims to showcase an unprecedented array of artistic talents. You can find some of the very interesting contemporary art presented by over 25 art galleries and featuring contributions from 400 artists hailing from various cities across the nation. You can also explore artistic expressions and the latest art trends. **Where: King's Court, Palace Grund, Gate no. 5, Bellary Road, near Mekhri Circle**
When: December 14-17; 11 am to 8 pm on all days

02 Artisans' carnival

Explore a variety of goods made by artists at Indian Artisan Bazaar, the shopping carnival. The exhibition-cum-sale is a colourful event and features artefacts, toys, designer clothes, and household items by artisans from various parts of the nation. Entry is free.
Where: Karnataka Chitrakala Parishath
When: until December 17; 11 am to 7 pm

03 Three's company

Don't miss the chance to be enchanted by the melodies and rhythms of the Marco Mezquida Trio, as they are set to grace the stage this week. The trio comprises Marco Mezquida on piano,

Aleix Tobias on percussion, and Martin Melendez on cello. This trio has been known to celebrate the endless possibilities of sounds, leaving audiences with a renewed appreciation for the artistry of musical expression. **Where: Windmills, Whitefield; When: December 14; 9 pm onwards and December 15; 9:30 pm onwards**

Mentor on a mission

City teen becomes first from Karnataka to participate in 1M1B Activate Impact Youth Summit at UN; she has been working on giving CPR training to public workers

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Veruschka Pandey enables CPR training sessions for ASHA workers, bus drivers, factory workers, and security personnel in Bengaluru and other parts of Karnataka

Meet Veruschka Pandey, a 15-year-old girl from Koramangala who has the opportunity to showcase her pet project at a summit held in the United Nations. Veruschka Pandey, the first from Karnataka and the second from India, participated in the 1M1B Activate Impact Youth Summit held at the United Nations. It was hosted by the 1M1B Foundation on November 30 in New York. She presented her project, Surya Nayak, which showcased her contribution to the implementation of Sustainable Development Goals (SDGs) in India.

Veruschka has been working on giving CPR training to ASHA workers, bus drivers, factory workers, and security personnel in Bengaluru and other parts of Karnataka. She has been creating awareness, spreading information, and training people.

"After having lost my grandmother, I really wanted to do something with public health. Once covid happened and people started losing their lives to cardiac arrest, I tried reading and researching why this was happening, and then I realised that we weren't trained in CPR. Then I made up my mind to learn it myself, and after I learned, I felt the need to impart this education to others. Now I want to make it into a mass movement," she said.

Veruschka has been working on giving CPR training to ASHA workers, bus drivers, factory workers, and security personnel in Bengaluru and other parts of Karnataka. She has been creating awareness, spreading information, and training people.

"When I started working with ASHA workers, drivers, etc., their first reaction was how a 14-year-old would teach them. When I started training, they weren't sure and confident of their own capabilities if they could learn and really perform CPR. Finally, they realised that they could do it properly after training sessions," she explained.

> **"After losing my grandmother, I really wanted to do something with public health... I realised the importance of CPR**
> – Veruschka Pandey

She added that she wants to create a mass movement among health workers and the Indian youth to achieve the SDGs by the year 2030. "Our hearts are like vessels that have space for empathy, love, and life. It is our responsibility to save people from untimely death by educating them about CPR," she said.

Her thoughts and works were also showcased through a documentary 'Heart is a Vessel' at the UN, followed by a panel discussion that included her mentor Manav Subodh and Amit Madheshiya, an award-winning movie maker at the Cannes Film Festival. A documentary on Veruschka by Madheshiva was also screened at the event.

"After hearing Madam Ambassador, I felt motivated and appreciated, and I felt the need to do more in this field. My efforts require bigger hands to join in to make this a successful mass movement. I feel that to achieve UN sustainable development goals by 2030, each one of us has to join hands and work hard to achieve the goals and make them a possibility," she said.

Planetarium date: Winter night stargazing

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The Jawaharlal Nehru Planetarium is set to transform a regular night into an extraordinary celestial experience with its Winter Night Planetarium event, scheduled to run from 10 pm to 4 am on December 16. Dr MY Anand, Senior Scientific Officer at the Jawaharlal Nehru Planetarium, expressed enthusiasm about extending the observation hours to provide the public with a unique opportunity to witness the wonders of the night sky. Traditionally, the planetarium has hosted one or two-hour night observations, allowing visitors to explore astronomical events and gaze at the night sky through telescopes. However, this time, the team at the planetarium has decided to go beyond the usual limits.

Dr Anand explained, "We wanted to have longer observations. We wanted to give an opportunity to observe the full night." The extended timeframe will allow attendees to witness how celestial objects move across the night sky and experience the mesmerising appearance of constellations rising and setting. Winter is particularly ideal for stargazing, as the skies tend to be clearer.

Dr Anand said, "During winter, it is appropriate to look at the sky, as the sky will be clear and meteor showers might also be spotted. Last month, the planetarium hosted a meteor shower event, and this month, skygazers can look forward to the Geminids meteor shower, originating from the Geminids constellation."

The event promises more than just meteor showers. Larger astronomical objects will be showcased, providing a fascinating insight into the vastness of the universe. Telescopes and binoculars will be available for attendees to observe these objects up close, adding an extra layer of excitement to the night. For children, this event is an

incredible opportunity to spark an early interest in astronomy. The extended hours and diverse activities will captivate their imagination. The planetarium team believes that making the night sky accessible in this immersive way can leave a lasting impact on young minds.

With plans to continue these night sky observations through December, January, and February, the planetarium is inviting the public to join them.

Illegal buildings in town planning dept's radar

Ward engineers too swamped with work, so BBMP takes away task of taking action against those who violate approved building plans from their hands

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PICTURE FOR REPRESENTATION ONLY

The city currently faces an estimated 2,46,948 illegal constructions across eight zones, as per a survey conducted until September 2022

In a move to curb the construction of unauthorised buildings in the city, the Bruhat Bengaluru Mahanagara Palike (BBMP) has delegated the responsibility to the town planning department for taking action against those who violate approved building plans and construct houses without proper authorisation. Previously, ward engineers were assigned this task; however, it has now been shifted to officials of the town planning department.

Despite continuous directives from the High Court urging the BBMP to conduct a survey of illegal construction in the city, the problem persists. Due to the failure of ward engineers to fulfil their duties, the decision to transfer the responsibility to the town planning department was made.

Girish N, Additional Director (Town Planning) BBMP, emphasised the decision, stating, "Ward engineers were overwhelmed with tasks, preventing them from addressing illegal constructions in their jurisdiction. Therefore, we have decided to entrust this responsibility to the town planning wing."

Explaining the rationale behind the decision, an official stated that the ward engineers had a multitude of responsibilities, including overseeing development works, addressing potholes, flood relief efforts, and various daily tasks.

"Their workload hindered their ability to focus on monitoring all construction within their jurisdiction. Therefore, the task of overseeing construction has been reassigned to the town planning department at the suggestion of the chief engineer and legal cell," added the official.

The city currently faces an estimated 2,46,948 illegal constructions across eight zones, as per a survey conducted until September 2022. Notices were issued to these building owners, but no further action has been taken. Officials acknowledge the difficulty of monitoring illegal construction across the vast expanse of the city, which covers approximately 800 square km.

> **"Ward engineers were overwhelmed with tasks, preventing them from addressing illegal constructions in their jurisdiction**
> – Girish N, Additional Director, BBMP

To address this challenge, a decision has been made to bolster the town planning department. Each zone will have one joint director, one deputy director, one assistant director, and three planners and gangmen. Additionally, two assistant directors will be assigned for each assembly constituency in peripheral areas. Previously responsible for approving building plans, town planning department officials will now also monitor illegal construction. Their duties include visiting approved building plan locations to mark plinth lines and regularly monitoring construction activities.

In the event of illegal construction, notices must be issued, and plans for the demolition of unauthorised portions or buildings must be estimated.

Tenders will be called to remove these structures, with the demolition costs borne by the building owner.

Schools turn up to support zero waste initiative

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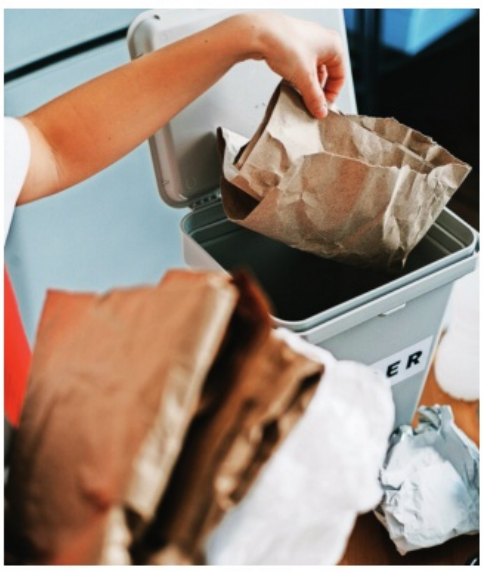

BBMP has started an initiative of zero-waste by roping in schools and colleges

In the Yelahanka zone, the Bruhat Bengaluru Mahanagara Palike (BBMP) has started an initiative of zero-waste campuses by roping in educational institutions. Over 87 schools were invited for the campaign launch, and many schools and colleges have come forward to make their campuses zero-waste. A zero-waste campus has to follow the principle of Solid Waste Management Rules 2016, which ensures that all single-use items are ZERO, meaning completely banned. It does not imply that no waste is generated or that the campus is plastic-free.

Mohammed Naeem Momin, Joint Commissioner, Yelahanka Zone, BBMP, who came forward with this initiative, said, "We called the schools and colleges from the Yelhanka zone and tried to reduce the quantity of waste generated within the premises. We found that most educational institutions that come under bulk generators are finding it difficult to manage waste due to a lack of knowledge and awareness and end up burning or mixing up the waste. The institutions, too, requested facilitation of the proper waste management in place for the institutions. Hence, we decided to launch a zero-waste campus initiative for schools and colleges." Zero Waste Campus does not mean no waste generated or plastic-free campus; it means that all single-use items as per the SWM rules 2016 are reduced to zero and wet-reject-dry waste is dropped in the right bin and sent to their respective designations. "By this, we hope that the message will be carried forward by the students to the adult population, which helps in achieving the right behavioural change," he added.

Organisations like Vedan and Social Venture Partner are supporting BBMP for their initiative. Team Vedan even carried out a presentation for the schools to understand the initiative. A check list has been given to schools and colleges for them to follow in order to move towards a zero-waste campus. Suhasini from Vedan said, "We will be carrying out a workshop on December 18 and 21 for the schools and colleges. The workshop can be attended by the coordinator, and a step-by-step process will be explained to them. Then they will have to meet the criteria of the checklist, for example, by keeping in separate dustbins. Tying up with a vendor for waste collection."

In the first step, BBMP Yelahanka Zone has started the initiative for educational institutions. Slowly, they will extend it to commercial complexes or apartment complexes once they see success in this initiative.

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Intruded paths
Jayanagar

A transformer and building materials on the pavement block movement for pedestrians near Jayanagar Cultural and Civic Association at 33rd Cross, Jayanagar 4th Block.

Difficult stretch
Peenya

Road 3rd Phase in the Peenya Industrial Area has remained in the same state for years. It is a concerning situation for commuters on this road.

Charting course, navigating the skies

Insights into India's Aerospace Engineering Landscape and Career Trajectory

As India progresses towards its mission to the Moon, Chandrayaan-3 has once again ignited hopes for the nation, scientists, and space enthusiasts. Behind this historic mission are the aerospace engineers who have worked tirelessly on the design and function, ensuring that it aligns with the vision.

Aerospace engineering, a captivating field, deals with the design, development, and maintenance of aircraft, spacecraft, and related technologies. India, with its rapidly growing aerospace industry, offers promising opportunities for aspiring aerospace engineers, providing a chance to delve into various aspects of aero science, including the creation and maintenance of aerial vehicles such as planes, missiles, satellites, and spacecraft.

If you aspire to soar to the heights of open skies, there is much to know about the qualifications required, job opportunities, expected salary, and potential career options. According to Prof. Supriya Pattanayak, Vice Chancellor of Centurion University of Technology and Management, Odisha, any student with 50% marks in Physics, Chemistry, and Maths in 10+2 is eligible for the course. The career prospects include Aerospace Designer Checker, Aircraft Production Manager, Mechanical Design Engineer, Assistant Technical Officer, and Aerospace Engineer. Specializations in demand for Aerospace Engineers encompass aerodynamics, control systems, thermodynamics, electronics, and celestial mechanics.

To embark on a successful career as an aerospace engineer in India, one must follow a well-defined educational path, typically requiring a bachelor's degree in aerospace engineering or a related field, such as mechanical engineering or aeronautical engineering. Admission to top engineering colleges in India usually involves competitive entrance exams like JEE (Joint Entrance Examination) or state-level engineering entrance exams. Further opportunities for research, specialization, and senior positions in the aerospace industry open up with a master's or a Ph.D. in aerospace engineering.

Pattanayak emphasized that the curriculum of Aerospace Engineering includes studies on satellites, propulsion systems, missiles, and other allied equipment/systems. Aerospace engineers need in-depth understanding and skills in aerodynamics, propulsion, materials, structures, software, and vehicle dynamics. The sector is expected to witness significant demand, with a budget allocation of $1.5 billion.

The expected salary of an aerospace engineer in India depends on factors such as qualifications, experience, location, and the employing organization. On average, a fresh graduate can expect a starting salary ranging from Rs 4 to 7 lakh per annum. With experience and advanced degrees, this figure can significantly increase, reaching Rs 8 to 15 lakh per annum for mid-level engineers. Senior aerospace engineers with extensive expertise may earn upwards of Rs 20 lakh per annum or even more in certain cases.

The aerospace industry offers diverse and rewarding career paths, allowing professionals to specialize in areas like Aerodynamics, Avionics, Propulsion Systems, Space Exploration, and Structural Engineering. An expert highlighted that as individuals progress in their careers, they can choose to specialize in various fields, including those focusing on airflow around aircraft, electronic systems used in aviation, propulsion technology, and structural design and analysis of aircraft and spacecraft.

"It's important to note that aerospace engineers are occasionally required to serve as flight crewmen, engaging in physical activities that individuals with physical disabilities may find challenging. While a job as an aeronautical engineer is better suited for physically fit individuals, there are some fields where physically challenged persons can work as aeronautical engineers, as long as their condition does not interfere with the assigned responsibilities.

According to Pattanayak, there are numerous job opportunities for aerospace engineers in both the government and private sectors, with entities like the Civil Aviation department, ISRO, HAL, and National Aeronautical Laboratory offering avenues for career growth", said an official.

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Fish choke in absolute dirt here

Chunchaghatta Lake in JP Nagar experiences fish kill; lake activist asks BWSSB and KSPCB to put in place efficient water monitoring system

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The 18-acre Chunchaghatta Lake is located upstream of the Sarakki Lake in JP Nagar

Chunchaghatta Lake has witnessed a fish kill, making it the 19th fish kill of the year in city. Lake activists have called on authorities to ensure an efficient water quality monitoring system is put in place to curb the frequent fish kills.

The 18-acre Chunchaghatta Lake is located upstream of the Sarakki Lake in JP Nagar and was rejuvenated only a few years ago by the municipal body Bruhat Bengaluru Mahanagara Palike (BBMP) at a cost of Rs 2.7 crore. Raghavendra Pachhapur, a lake activist, noted that this lake does not have a diversion channel, leading to an unregulated flow of untreated water into the water body.

"Even if there is a small shower of rain, all the water within channels enters the lake. Though the water might look clear, either the Bangalore Water Supply and Sewerage Board (BWSSB) or the Karnataka State Pollution Control Board (KSPCB) must test it for various parameters to ensure that it is fit to be let in," he said.

All the debris that collects within storm water drains (SWDs) stays stagnant on the bottom unless there is a heavy flow of water, while a thin flow of clear-looking water still continues to flow into the lake, he added.

A study by the ActionAid Association regarding fish kills in Bengaluru (2017–22) noted that the number of fish kill episodes in 2022 stood at eight, whereas the number has significantly increased this year. The study had noted that 51% of the fish kills were due to the entry of sewage into lakes.

"Sewage constituting 51% seems to be the biggest challenge, making lakes vulnerable to fish kills in Bengaluru. Organic matter in sewage uses up the dissolved oxygen (DO) in the lake, causing levels of DO to reduce, which ultimately causes fish kills. Effluents containing toxins and chemicals are disposed of, and solid waste dumping in the storm water drain contributes to 33% of causes for fish kill. Effluents are a threat to aquatic life; depending on the quantity, they might affect a portion or a larger portion of the waterbody," the study observed.

Fish kill at lakes could imply that there are issues with the water quality; DO needs to be 4 g/litre or more in the case of the propagation of wildlife and fisheries. Reduced DO is an indicator but not a factor or a reason for fish kill. Depletion of DO occurs due to excessive algae and phytoplankton growth driven by high levels of phosphorus, nitrogen, and high biological oxygen demand (BOD), as well as changes in temperatures, it added.

> **Even if there is a small shower of rain, all the water within channels enters the lake**
>
> –Raghavendra Pachhapur, lake activist

"These negative developments need to be reported to the custodian of lakes for corrective action and to avoid fish kill as a first stage of prevention. Custodians of the lake also need to act as per the recommendations of KSPCB on the issue of pre-monsoon rains and frequently monitor the lake water quality until it improves to Class 'D'. KSPCB must investigate all fish kills in the lakes of Karnataka, take necessary action against the polluters, and place the reports in the public domain," the report recommended, among other suggestions.

Pachhapur called on the BWSSB as well as the KSPCB to put in place an efficient water monitoring system, followed by measures to curb the various negative developments taking place. He added that the authorities need to be collaborative with the BBMP.

Alumni unite for thrilling talent hunt

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

E-Narada Talent Hunt was launched with the felicitation of teachers

Around 150 alumni of government schools in Bengaluru have gathered at Government High School, Police Colony on Magadi Road, on Tuesday to launch the talent hunt among the students of government schools. The E-Narada Talent Hunt was launched with the felicitation of serving and retired teachers by the alumni.

The event has enabled alumni of government schools, especially from Police Colony Government High School, to meet each other and felicitate their teachers. The event was organised by 12.12.12 School Group in association with Art of Giving.

Speaking on the occasion, Mamata Narayanaswamy of the 1985 batch said that the Art of Giving has been an inspiration for the alumni to do social work. "They are enabling lakhs of children from poor families to mainstream society by providing education. We have launched this programme under their guidance. We are taking a step forward by felicitating our teachers. Our objective is to recognise the talent of students at government schools, encourage them, and enable them to become self-reliant," she said.

The alumni of Hegganahalli Government High School participated in the dance, Vrundavana Devi Namo Namo. HV Hemalatha, a dance teacher working at Hegganahalli Government High School, guided the students.

Appreciating the organisers for organising the E-Narada Talent Hunt, Manjula KS who retired six-and-a-half years ago, said that she was very happy to meet her students.

Furthermore, HV Hemalatha, the dance teacher at Hegganahalli Government School, said that she got the opportunity to meet her mother's students. "My mother worked as a teacher for them. Though I am working as a teacher, the environment made me a student, and I mingled with them. I am very happy to organise a dance programme during the event," she explained.

Meanwhile, Guru Prasad of E-Narada said, "Our objective is to help talented students in government schools."

IN BRIEF

BMTC increases checking of ticketless travel

The checking staff of the Bangalore Metropolitan Transport Corporation (BMTC) have intensified checking of buses operated in and around the city to detect ticketless travel by passengers.

During November, staff have checked 16,421 trips and penalised 3,329 ticketless passengers, collecting Rs 6,68,610 as penalty, and have booked cases against conductors for their dereliction of duty. They have also penalised 438 male passengers for occupying seats exclusively reserved for lady passengers and have imposed fines amounting to Rs 43,800 in accordance with KMV Rules 94 r/w Section 177 of the MV Act 1988. A total of 3,767 passengers have been penalised, and Rs 7,12,410 in penalties have been collected. The corporation has advised passengers to purchase tickets or passes to avoid a penalty being levied. —BMB

KSRTC to add 300 electric buses

KSRTC is planning to add 300 electric buses to meet connectivity to nearby districts of Bengaluru. While the buses are being procured on GCC contracts, the corporation expects an increase in costs in the absence of a central government subsidy.

In a new effort to add more electric buses, KSRTC is planning to get 300 more such buses. These buses will facilitate connectivity for passengers in nearby districts of Bengaluru and other areas lower than 100 km. KSRTC wants to experiment with running electric buses on shorter routes. Currently, it has 50 electric buses procured under the FAME II subsidy. These buses have been running for the past 7-8 months and have crossed 7-8 lakh kilometres. Most of the buses are running within Bangalore and Davangere.

These buses are running between Bengaluru and Mysuru, Virajpet and Madikeri, Chikkamagaluru, Davangere, and Shivamogga. The EV Power Plus buses mainly serve to connect Bengaluru to other cities in Karnataka, and most of the distance is above 200 km. These buses can go up to 250km on a single charge.

Now, KSRTC wants to experiment by routing these buses on shorter routes. "These 300 buses will have the capacity to run 180 km under a single charge. There will be 12-metre non-AC buses with disabled-friendly features. These buses will have to cover to and fro within 180 km of range. Therefore, we are looking at shorter distances. These buses will connect Bengaluru to nearby districts," said a senior KSRTC official.

KSRTC plans on procuring the buses on the GCC model, but no tender has been invited. However, officials are expecting a rise in the cost of running even under the GCC model. — Melvin Mathew

All is fair at groundnut fair in town

Day two of kadalekayi parishe saw huge crowds milling about at the bustling grounds of Basavanagudi

PIC: KAUSHIK JN

Have passport, will set sail

Bengaluru third in country in monthly distribution of passports

| Sridhar Vivan
sridhar.vivan@timesgroup.com
TWEETS @sridharvMirror

The Bengaluru is third in the country when it comes to the number of people applying for a passport. According to the latest average monthly data, of passports being distributed from the Regional Passport offices of the city is around 36,790. Delhi stands first with 53,513 passports being distributed in a month, followed by Mumbai with 41,762.

Union Minister of State for External Affairs V Muraleedharan said, "As on date there are 36 passport offices, 93 passport seva kendras and 430 Post Office Passport Seva Kendras (POPSKs) in the country. Due to the rise in demand and backlog resulting from the covid-19 pandemic, the Ministry has been working continuously to speed up passport issuance and meet high or seasonal demand for passports by taking various steps including increasing the number of daily appointments and organising special drives or melas on weekends." Since the end of lockdown (June 1, 2021 to February 28, 2023), 11,29,758 passports have been issued in Karnataka.

Since the end of lockdown (June 1, 2021 to February 28, 2023), 11,29,758 passports have been issued in Karnataka

Renouncing passports

Meanwhile, a growing number of Indians are renouncing their passports. As per the information available with the Ministry, the number of Indians who renounced their Indian citizenship was 1,31,489 (in 2015); 1,41,603 (in 2016); 1,33,049 (in 2017); 1,34,561 (in 2018); 1,44,017 (in 2019); 85,256 (in 2020); 1,63,370 (in 2021) and 1,83,741 (in 2022 till 31.10.2022).

> "There are 36 passport offices, 93 passport seva kendras in the country
> – V Muraleedharan, MoS

This is in stark contrast with those who took Indian citizenship. "As per the information available with the Ministry, the number of foreign nationals except those from Bangladesh, Pakistan and Afghanistan who took Indian citizenship was 93 (in 2015), 153 (in 2016), 175 (in 2017), 129 (in 2018), 113 (in 2019), 27 (in 2020), 42 (in 2021) and 53 (in 2022 till end of October). "The reasons for renouncing/taking citizenship are personal. The Government recognises the potential of the global workplace in an era of a knowledge economy. It has also brought about a transformational change in its engagement with the Indian diaspora," Muraleedharan added in a Lok Sabha reply.

Maximum Indians in UAE prisons

Among the Indians lodged in foreign jails (including undertrials), a majority of them seem to be locked up in the Middle East. According to the latest data, United Arab Emirates-1,966 Indians are locked up in prisons, followed by Saudi Arabia 1,362; Nepal-1,222, Qatar-682, Malaysia-606, Bahrain-265, Kuwait-428 and Italy-156. A total of 8,437 Indians are serving sentences in foreign prisons at present. "However, due to strong privacy laws prevailing in many countries, the local authorities do not share information on prisoners unless the person concerned consents to the disclosure of such information. Even countries which share information do not generally provide detailed information about the foreign nationals imprisoned," the Minister added.

Stamp Duty to go up as bill passed in Assembly

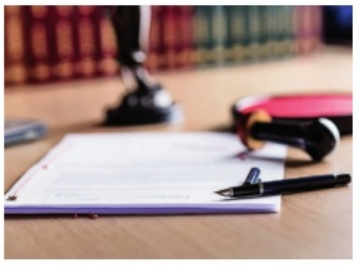
The Karnataka Stamp Amendment Bill, 2023 was passed in the Winter Session at Belagavi to raise stamp duty and mobilise financial resources. Revenue Minister Krishnabyre Gowda has responded that only 10 per cent of the income is from stamps in the registration department. He clarified that he has decided to revise it along with measures to prevent leakage. The Bill was passed on Monday.

Stamp duty related to power of attorney, deeds, and affidavit and other legal documents will increase. Stamp duty and registration fees are critical revenue streams for the state government. The government aims to collect Rs 25,000 crore from stamp duty. According to the bill, the stamp duty on adoption papers will be increased from Rs 500 to Rs 1,000. Affidavits, which currently carry a stamp duty of Rs 20, will incur a stamp duty of up to Rs 100 in the future.

Stamp duty on Power of Attorney will be increased from Rs 100 to Rs 500. If power of attorney is issued jointly by more than five but less than 10 persons, the stamp duty on the same will be increased from Rs 200 to Rs 1,000.

Stamp duty for property partition deeds in urban areas will be Rs 1,000 to Rs 5,000 per share. It is proposed to increase for properties outside city limits; currently Rs 500 will be increased to Rs 3,000 share instead. It was proposed to do Rs 250 per share for the division of agricultural assets. Instead, it has been decided to increase it to Rs 1,000.

Stamp duty on divorce papers is also Rs 100 to Rs 500 and will increase. For certified copies, the stamp duty is proposed to be increased from Rs 5 to Rs 20. Also, registering trusts will be expensive. Fees for mergers of companies and other processes will also increase. The BJP alleged that it is a "loot plan" of the government to fulfil its promises. – ANI



IN BRIEF

CBSE class 10, 12 exams to start Feb 15

The Central Board of Secondary Education (CBSE) has announced that the 10th and 12th class board exams will begin on February 15, 2024. The exams will last for 55 days and conclude by April 10, 2024.

According to the CBSE press release, the examinations for class 10 will begin on February 15, 2024, and continue till March 13. The 12th examination will begin on February 15, 2024 and end on April 2." The release further informed that the exams will start at 10.30 am.

For the 10th grade, Sanskrit exam will be held on February 19 followed by Hindi on February 21. English will be held on February 26 and Science on March 2. Home Science is on March 4 followed by Social Science on March 7. The last two exams are Mathematics on March 11, Information Technology on March 13. – ANI

Bar on telecast of videos of disrobed victim

The High Court of Karnataka on its own took cognizance of news reports about a woman being paraded naked after her son eloped with a girl who was to get engaged with someone else and has ordered all electronic media not to telecast any videos related to the incident. The court also directed the Advocate General to submit a status report of the incident in New Vantamuri village, on December 14. The Court took this step after noticing a photo in a newspaper where the victim's face was blurred but it also showed electronic media videographing the victim's reactions.

"If any media house or its representatives has videographed the above interview of the victim... this Court hereby directs not to telecast such an interview or interaction on any national or regional channel," the division bench said in its order. – PTI

Hoax bomb threat call, yet again

An unidentified person contacted the NIA control centre, claiming that a bomb had been planted at the Raj Bhavan in the city, on Monday. The NIA control room was promptly notified of the call, which was made in English from a mobile phone. The city police then activated the bomb disposal squad and sniffer dog team. The call was confirmed to be a false alarm after a lengthy search.

Authorities are now focusing their efforts on identifying and tracking down the caller. Bengaluru Police Commissioner B Dayananda said that they have some leads on who could have made the call and they will apprehend them soon.

Along with that, the police is also trying to seek help from the Interpol regarding the hoax bomb threat sent to schools in the city. – BMB

Why cut down trees by the lake?

CONTINUED FROM PAGE 1

exempted under the Karnataka Preservation of Tree Act, the list of trees proposed to be felled for the development work also include honge, karijali, and mogali. They say trees and lakes can and must coexist.

"It is ironic that so many trees have been proposed to be felled for a lake development project. Lake development work should seek an increase in green cover. Looking at the high number, it would be crucial to get the claims by the gram panchayat members verified by an expert. The groundwater level in the area and water holding capacity of the lake must be evaluated scientifically before taking such an extreme step," said a city-based environmentalist.

Some experts noted that the removal of over 900 trees will negatively impact the biodiversity of the area since the green cover has been in existence for decades.

"While the majority of the trees listed for felling are acacia, there are some other tree species that are known to attract birds for nesting, alongside other animals. Since so many trees have been proposed to be cut, a study on the biodiversity of the area must be conducted to understand the impact it will sustain.

Based on the outcome of the study, the forest department must come up with plans to compensate for the damage caused. These trees have been standing for over three decades and an ecosystem would have been created by now," said V Ramprasad, founder, Friends of Lakes.

Foxconn to invest additional $1.7 billion in Karnataka

Apple supplier Foxconn plans to invest an additional 139.11 billion rupees ($1.67 billion) in Karnataka, the state government said in a statement on Tuesday.

The Taiwan-based company, which assembles around 70% of iPhones and is the world's largest contract manufacturer, has been diversifying production away from China following covid-19 disruptions and geopolitical tensions.

It has rapidly expanded its presence in India over the past year by investing heavily in manufacturing facilities in the south of the country.

In Karnataka state itself, the company announced in August an investment of $600 million in two projects to make casing components for iPhones and chip-making equipment.

Foxconn is also expected to start manufacturing iPhones in the southern state by April 2024 - a project expected to create around 50,000 jobs.

The government did not elaborate on the latest plans for the additional investment in Karnataka, and Foxconn did not immediately respond to an email seeking comment. **Reuters**

Urban decongestion projects in limbo

CONTINUED FROM PAGE 1

parking facility at Freedom Park has been sent to the government for approval too. Palike has been trying to operationalise the 1,000-vehicle capacity parking facility for nearly 20 months now.

The Palike has called multiple tenders post October 2022 for operationalising the facility, and subsequently it was handed over to the TEC department. Despite spending Rs 80 crore, the civic body has not been able to open the facility to the public.

Activists said the delay in projects is due to bad governance.

"We can't blame just the BBMP. We don't have a metropolitan planning committee as per the 74th amendment. Therefore all the projects are ad hoc and delayed. There are technical processes that are time-consuming and inefficient.

Additionally, sans BBMP elections, a vital key is missing. There is no entity available to be held accountable at the local level; BBMP is answerable to the state government.

The constituted BMLTA lacks the authority to take any stern action. BMLTA will be more effective if they are given the authority to allocate funds for all mobility projects. The BMLTA's Comprehensive Development Plan does not account for the land use plan in BDA's RMP. The Palike should also hold public consultations for all projects and explore expert views. It should look at how mobility solutions are implemented in other places.

For example, Singapore has a 50-year master plan with an integrated mobility plan. Even the MPC mandates that plans are made with consultation on committee, ward and finally the district level," said Sandeep Anirudhan, civic activist.

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tender & notices

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CHANGE OF NAME

I, Sachita M Patil W/o Hosalli Mahesh S Patil R/o No-303B, Flat No- 103, Arya Rise Apartment, 10th Cross, 1st Phase, Ideal Homes Township, Rajarajeshwari Nagar Bengaluru 560098 I have changed my name from Asha Pujar to Sachita M Patil vide affidavite No IN-KA64916047956583V dated 08.12.2023 for all future purposes

I, B R Naidu Residing at Flat No. 1733, Embassy Habitat, 59, Palace Road, Vasanth Nagar, Bangalore 560052 have changed my father name from RAMAIAH PEDAPPA PANDU to PANDU NAIDU vide affidavit dated 12.12.2023 Sworn before notary: V Anjanappa, Bangalore

I, Reshma D/o, Ramankutty Vattekkatte R/o #208, Saranya Enclave, Shridi Sai Temple Rd, Munekolala, Marathahalli, B'luru, 560037 have changed my name to Reshma Menon N for all purposes.

I, Saji Varghese Yohannan S/o Yohannan R/o #55 Shamsingh Nursing Home Gandhi Bazar Basavanagudi Bengaluru 560004 have changed my name to Saji Vargese for all purposes

I, Aadam Gulab Nadaf, R/a: 22202, Tower 22, Floor 20, Prestige Lakeside Habitat, Varthur Hobli, Gunjur, Bengaluru- 560087. I have changed my name to Adam Gulab Nadaf. Vide affidavit dated- 11.12.23. Sworn before notary B Seshagiri, Bengaluru.

I, Drasti Rajukumar Shah D/o, Rajukumar Ramanlal Shah R/o N 1403, Snn Raj Lake View, Phase I, Bilekahalli, Dr.b.r.ambedkar Road, Bangalore - 560076. have changed my name to Drasti Shah for all purposes.

I, Bhupinder Singh Chahal S/o Kashmir Singh Chahal R/o No 47 T-2 4th Floor Sravanthi-sethi Enclave 3rd Cross Gmr Layout Geddalahalli Bengaluru 560094 have changed my name to Bhupinder Singh for all purposes

I Shaista Sharif W/O, Asif Akbar Bhathara R/o #10, 4th B Cross 9th Main Road K N Extn Yeshwanthpur Bengaluru-560022 have changed my name to Shaista Asif Bhathara vide affidavit dt 27/06/2023 before notary jalandhara B\'lore.

I, Maimoonnissa Saleem residing at No M-73, 5th Cross BM Layout Vankateshpuram Bangalore-560045. I state that Maimoonnissa Saleem and the Maimoonnisa both the names belong to me one and the same person and that is myself vide affidavit date 12.12.2023 sworn before notary Leela Bangalore

I, Noorulla Ahmed R/o # 2 26-C Flat #1 G/F 1st Cross Nandi - durga Rd Jayamahal Extn B'luru-560046 have changed my Minor Daughter's name from Zunaira Noor Fathima to Zunaira Noor Fathima Noorulla for all Purposes.

I, Sufiya Sultana w/o Noorulla Ahmed R/o # 2 26-C Flat # 1 G/f 1st Cross Nandidurga Road Jayamahal Extn B'luru-560046 have changed my name to Sufiya Sultana Noorulla for all Purposes.

I, Sree Leela Aluri W/o Kumar Raja Aluri R/o No 402 Slv Ganga Nivas Varanasi Layout Near Mother Theresa School Bengaluru 560036 have changed my name to Sreeleela Bavineni for all purposes

I, Noorulla Ahmed R/o # 2 26-C Flat # 1 G/f 1st Cross Nandidurga Road Jayamahal Extn B'luru-560046 have changed my Minor son's name from Muhammed Zidaan to Muhammed Zidaan Noorulla for all Purposes.

I Nausad Ali Peer Mohammed R/0 # F 7 Ittina Sarva Two Apartment, 4th Cross Balaji Layout, Hongasandra, Bommanahalli, Bengaluru, Karnataka-560068, Have Changed my name to Naushad Ali

I, Shankaramma Magadum Basavarajaj W/o, Basavaraj Magadum R/o No 966/3 1st Main 7th Cross Maruthi Nagar Yelahanka Bengaluru 560064 have changed my name to Shankaramma Magadum for all purposes.

I, SURESH M S/o SRIRAMULU R/o NO 20/4 M M ROAD OPP GOVT SCHOOL BHARATHI NAGAR BENGALURU 560005 have changed my name to SURESH for all purposes

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HEALTH TIP: Loaded with antioxidants, green tea not only aids in stress reduction but also delivers essential nutrients

Milk stands as a good calcium source, a vital cornerstone for bone health

5 things to teach kids about skin care

Teaching children about skin care practices fosters habits that support overall wellbeing

A lifetime of healthy skin can be ensured by establishing appropriate skin care practices in children at a young age. Skin care is an essential component of overall health. Teaching children about skin care practices fosters habits that support overall wellbeing, in addition to helping them retain healthy skin. We will go over five important skin care lessons to teach kids, so they have a strong basis for lifelong healthy behaviour.

Knowing the Role of Skin: First, tell them that the skin is the largest organ in the body and that it acts as a barrier to keep out bacteria and other dangerous substances. Discuss the many layers of the skin and its functions using the language that is best suited to communicate this information effectively to the kids. Talking about how the skin breathes and helps to regulate body temperature will pique attention. In order to hold their attention, use interactive activities or basic diagrams to make learning enjoyable.

Moisturising Skin to Promote Health: Instruct children on the importance of moisturising for preserving skin health. Describe how moisturisers reduce dryness and flakiness by keeping the skin moisturised. Furthermore, convey the notion that moisturising ought to be a pleasurable and entertaining aspect of their everyday regimen.

Educate children to choose moisturisers that are made "specially" for their delicate skin. Applying moisturiser to the skin evenly, paying special attention to the face, hands, elbows and knees. Particularly after taking a bath or cleaning their face, urge children to develop the practise. Don't forget to talk about the importance of reading product labels to avoid allergens and harmful chemicals which could lead to adverse effects on their gentle skin.

Daily Hygiene Practice: Instill in children the value of maintaining good skin through everyday hygienic habits. Stress how important it is to take regular baths to rid the skin's surface of debris, perspiration, and bacteria. Promote the use of gentle, kid-friendly shampoos and soaps, and discuss the advantages of using warm rather than hot water to keep skin hydrated.

Explain the idea of a daily skincare regimen, focusing on important steps like cleansing, moisturising, and using sunscreen. Teach kids that this discipline is as important as anything else to prevent their gentle skin from skin problems and preserving general health.

Sun Protection Habits: To avoid sun damage, tell them about sun protection habits at a young age. Describe how sunscreen protects their skin from damaging UV radiation. Instruct children on the significance of using sunscreen, even on overcast days, and to reapply it every few hours, especially when engaging in outdoor activities. Make up clever comparisons, such as sunscreen acting as a mystical shield against the sun's rays during summers & winters.

A Holistic Approach to Developing Self-Care and Confidence: Also teach them how self-confidence and skincare are related to wrap up the skincare lesson. Emphasise that caring for their skin is an expression of loving and respecting themselves. It is important to promote a positive body image and inculcate the notion that each person is special and attractive in their own way. As parents we need to assist children comprehend that their self-confidence & experiencing their individualism lies majorly in their Holistic Skincare approach on a daily basis

Educating children about skin care requires combining practical exercises and information. Children can acquire a lifelong respect for skin care by giving them a basic awareness of the functions of their skin and the significance of cleanliness, sun protection, moisturising, and good behaviours.

By imparting a skincare discipline in children, a foundation is being laid for a lifetime of 'healthy skin and a confident individual'.

(Prasanna Vasanadu, Founder of Tikitoro, for IANS)

All you need to know about...

5 vaccines you can take

The flu vaccine
Popularly known as a flu shot, every person must stay updated on the influenza vaccine. In India, unlike the COVID-19 vaccine, there is very little awareness about the importance and need for the influenza vaccine. In fact, with flu being a condition that a person can catch all year round.

Covid vax booster shots
Getting vaccinated against COVID-19 is a critical and important health decision that you should not delay. The vaccine has been proven to lower the risk of getting and spreading the virus that causes COVID-19 and, at the same time, prevents severe illness and death. To reduce the fatal outcomes related to the coronavirus, it is recommended to take the vaccine's required doses, including a booster dose, when you become eligible.

Hepatitis B vaccine
Although hepatitis B vaccinations have been integrated into the Universal Immunisation Program (UIP) in India for over a decade, only half of the children in the country are immunised against Hepatitis B. Parents must get their children vaccinated against hepatitis with a safe injection during their childhood years.

Pneumococcal vaccine
The Pneumococcal Conjugate Vaccine (PCV) is one of the safest and most effective ways to prevent pneumonia, which, every year, kills more children than any other infectious disease. In 2021-'22, India completed the national introduction of PVC into its routine immunisation programme.

HPV vaccine
The HPV vaccine is for women, and it can effectively reduce the impact of cervical cancer if given before girls or women are exposed to the virus. There is no recommendation for HPV vaccines for boys and men in India yet.

—Kayalvizhi Arivalan, Femina

MIRRORLIGHTS

Patients regain much weight after stopping new obesity drug: study

A new generation of obesity drugs often delivers dramatic weight loss, but many patients wonder what happens when they stop treatment.

One study published Monday in the Journal of the American Medical Association provides an answer: much of the weight comes back, signaling patients may be locked into long term dependence on the drugs.

The research was based on weekly injections of tirzepatide, the compound in Eli Lilly's new weight loss drug Zepbound that was approved by the United States last month.

After 36 weeks, 670 adults achieved a notable mean weight loss of 20.9 percent.

The group was then split into two, with half continuing on Zepbound, and the other half given a placebo. At 88 weeks, those on the placebo regained almost half of the weight they had lost, ending up 9.9 percent lower than their baseline.

Those on Zepbound continued to lose weight, ending 25.3 percent lower than where they had started. The trial patients were mostly women and had a mean age of 48, with a mean weight at the outset was 107.3 kilograms (236.6 pounds). All participants were encouraged to consume 500 calories less each day than they burnt and take at least 150 minutes of exercise per week. Common side effects were gastrointestinal issues including nausea, diarrhea, constipation and vomiting, said the study.

Study authors, led by Louis Aronne at Weill Cornell Medicine, New York, said the results "emphasize the need to continue pharmacotherapy to prevent weight regain and ensure the maintenance of weight reduction."

They added the latest research adds to four previous trials that showed "medications, including potent anti obesity medications such as semaglutide, have demonstrated that weight is substantially regained" after stopping treatment.

Semaglutide is the active ingredient in Novo Nordisk's Ozempic and Wegovy, which, like Zepbound, are examples of so-called "GLP-1 agonists" that work by mimicking the function of a hormone that secretes insulin, slows down the emptying of the stomach, and suppresses appetite.

Zepbound also contains another molecule that acts like the gut hormone GIP.

In response to the study, Lilly's Jeff Emmick said in a statement that "patients, providers and the public do not always understand obesity is a chronic disease that often requires ongoing treatment, which can mean that treatment is stopped once weight goals are met." — AFP

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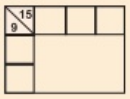
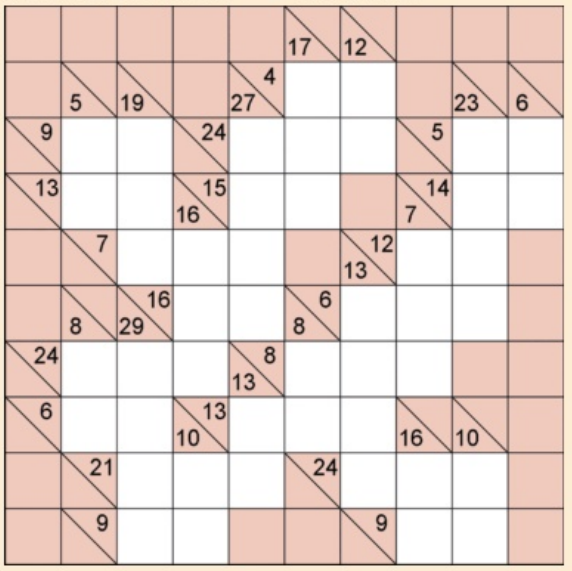
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

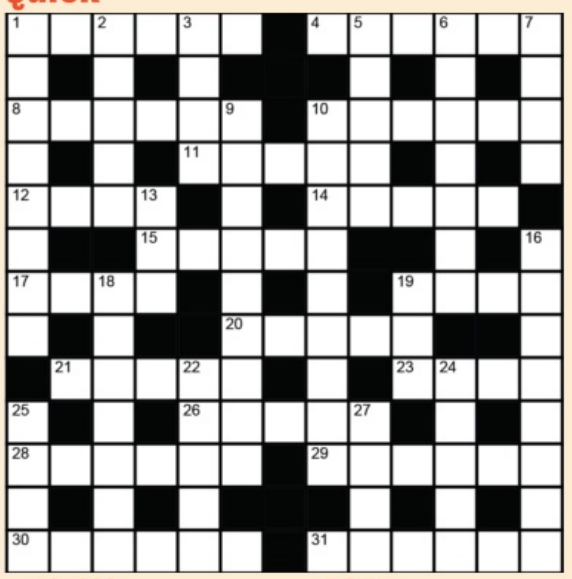


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Intimation (6)
4 Missing (6)
8 Papal ambassador (6)
10 Converted water to steam (6)
11 Around; roughly (5)
12 Capital of Ukraine (4)
14 Russian emperors (5)
15 Group of eight singers (5)
17 A large-horned mountain wild goat (4)
19 Weblike membrane (4)
20 Papal council (5)
21 Abolish (5)
23 Green gemstone (4)
26 Retails or vends (5)
28 Old-fashioned broad-blade swords (6)
29 Shouted (6)
30 German town – "as seed" anagram ? (6)
31 Solicitor (6)

DOWN

1 The language of ancient India (8)
2 Style or class or type (5)
3 Our continent (4)
5 Heavy footwear (5)
6 Magnify (7)
7 Shipshape (4)
9 Hurdles (9)
10 Bannerghatta National Park is home to India's first ____ enclosure (9)
13 ___ populi or ___ dei (same word) (3)
16 Mauve-flowered shrub (8)
18 Dignify (7)
19 __ Mahal : the wonder at Agra? (3)
22 Consumers (5)
24 Metal mixture (5)
25 Understanding term? (1,3)
27 Antitoxins (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS H

AG KPDMD'R F SIIX KPFK OIE HFCK KI MDFL, SEK AK PFRC'K SDDC HMAKKDC ODK, KPDC OIE NERK HMAKD AK.

Linemaro

Your skin is radiant

Mindchow

That which does not kill me makes me stronger

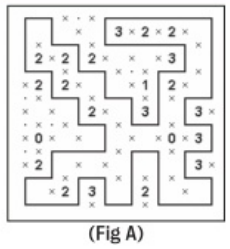
Joke of the day

Joined a gym halfway between work and home, just so I'd have a locker to store snacks in

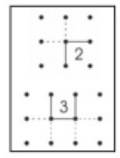
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

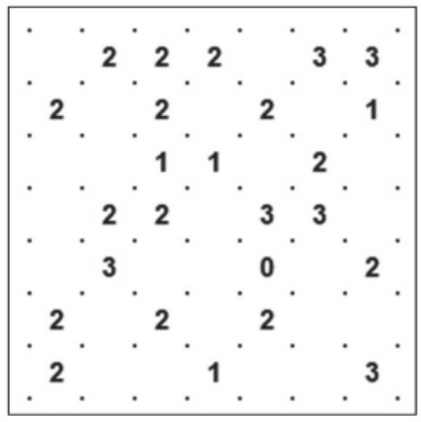


(Fig B) Not Allowed

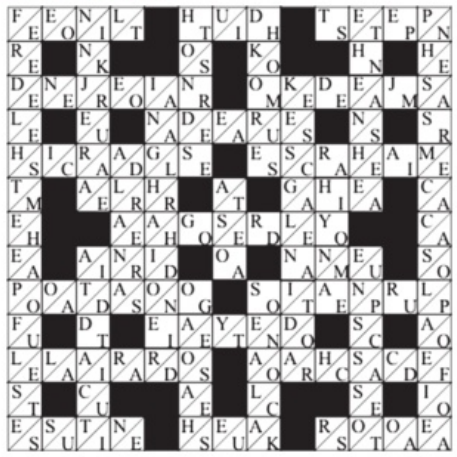
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1 K	2	3	4	5
6				
7				
8				
9				

ACROSS

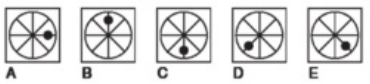
1 Pa Pak; 6 Mires; 7 Ibsen; 8 Cake E; 9 Tobin

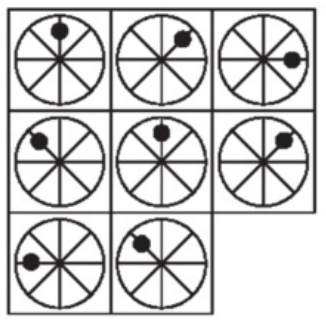
DOWN

1 Bake B; 2 I mica; 3 On kip; 4 Nee PR; 5 Sates

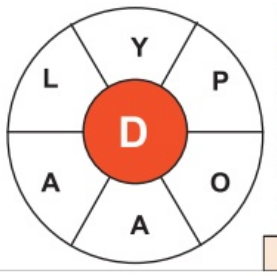
Mensapuzzle

Which is the missing tile?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

2			6		5			
		5		1		8		9
				4				5
6		1	7		4			
	8			2			1	
			3		1	7		8
9				6				
8		2		5		3		
			8		9			7

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 25

4 5 7 9

Medium = 4

1 2 5 8

Hard = 27

2 3 9 3

Hocusfocus

Find at least six differences in details between panels.

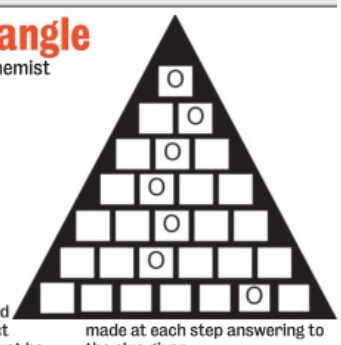
Differences: 1. Badge is higher. 2. Woman has more hair. 3. Stripe on sleeve is higher. 4. Arrow is moved. 5. Door handle is moved. 6. Finger is moved.

Riddler

If 154 = 169 233 = 256 341 = 375 452 = 497
518 = ?

Alpha triangle

1 Oxygen for the chemist
2 Infinitive word
3 In vogue
4 Ancient German
5 Wraith
6 Straps
7 Rifle fire



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

YOU KNOW, CHARLOTTE AND I ARE COMPETITIVE, BUT WE'RE STILL HAVING FUN. IT'S OKAY TO HAVE A LITTLE COMPETITION BETWEEN FRIENDS.
YEAH! AND LOOK AT ALL THE PEOPLE WE GOT TO COME TO THE TOURNAMENT!
AWWW! YOU TWO ARE RIVALS! THIS IS THE BEST OUTCOME!
CRACK!!
BOOM!!
@COMICS.COM/HEARTOFTHECITY

Crankshaft

THE LITTLE JOHNSON GIRL'S GRANDMOTHER IS A FORCE TO BE RECKONED WITH!
SHE PACKS A LOT OF INSTITUTIONAL MEMORY ABOUT CATCHING A SCHOOL BUS... AND SHE USES EVERY TRICK IN THE BOOK!
WHICH IS PROBABLY WHY SHE CAUGHT MY BUS YESTERDAY!
tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon. You will plan to invest more capital into a family business that may increase your business in the near future. You may expect to get some rewards for your social service. You may expect to hear some good news in your family, which may create a joyful environment in the family. You may also enjoy some delicious food.

Taurus Apr 21 – May 20
Today you may feel happy and your health is also good, which may give you inner strength and self confidence. Your mind may not allow you to manipulate a messy task. Your social prestige is likely to be increased. With the help of your good karma and destiny, you may be able to start some innovative tasks.

Gemini May 21 – Jun 21
Today you may be unhappy and disappointed. You are advised to control your arrogance; else you may face some losses due to your harsh speaking while you are talking with anyone. You are advised to avoid long trips and avoid rushed driving. You should keep yourself away from bay areas or oceans.

Cancer Jun 22 – July 23
Today you may experience peace of mind. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles are likely to find a suitable match. You may expect to get ample opportunities at work and you may notice some progress in your life.

Leo Jul 24 – Aug 23
Today you may be able to implement your plans with the help of your strong network at work. You are likely to get a big order with the help of your hard work. There may be good understanding between you and your spouse, which may increase harmony in your domestic life. Your boss may appreciate your hard work.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon. Last days' messy situation is under control. You may initiate work that was postponed. With the blessings, you may be rewarded for your hard work. There are some gains in your business which may boost your financial health. You may expect some unexpected opportunity, which may increase your business or work. You may also plan for an overseas trip.

Libra Sep 24 – Oct 22
Today you may not feel well and you might have health issues. This may affect your professional and domestic life. You are likely to be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to avoid fantasy and concentrate on hard work in their studies.

Scorpio Oct 23 – Nov 22
Today you are blessed by the moon and you may be able to make quick decisions on the professional front. You may expect to get new opportunities in terms of business, which may boost your confidence level. You are likely to start some new innovation with the help of your business partner, which may increase your business in the near future.

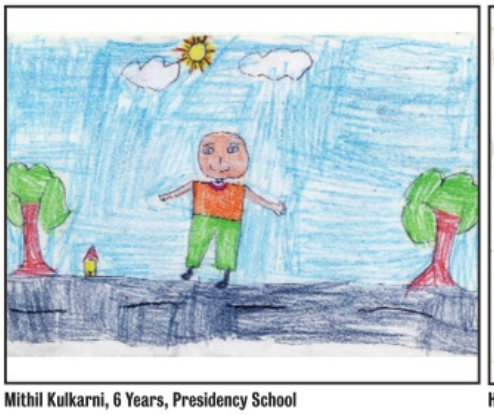
Sagittarius Nov 23 – Dec 22
Today you are blessed by a positive moon. You may feel healthy and chronic health issues may be cured now. Kids' health may be ok now. Some money that was stuck somewhere is likely to be recovered now. You may also repay your debt.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, which may give you peace of mind. You may become more decisive, so you may grab an opportunity without a second thought. Past karma may help you to sustain in any situation and show you the right path. Love birds may enjoy happy moments. Job aspirants are likely to get a suitable job with the help of friends.

Aquarius Jan 21 – Feb 19
Today you may be dull. Detachment from responsibilities may make you upset. You may not be able to fulfil your commitments, which may affect your prestige. You may be a victim of arrogance. It may affect both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

Pisces Feb 20 – Mar 20
Today, you may be enthusiastic. Your focus towards your goals may be very good. You may easily achieve your target. You are likely to go for short work-related trips, which may give you benefits in the near future. Your subordinate staff may help you complete important projects. Disputes with the siblings may come to the fore.

KIDZONE



Mithil Kulkarni, 6 Years, Presidency School

Hr

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$\sqrt{(36/100)} = 3/5$
$(3/10)^2 = 9/100$
$(3/5) - (9/100) - 0.02$
$= (49/100)$.
Then raise this to the (1/2) power (or take the square root) to get 7/10 as the answer.

BULL'S EYE
lady, load, PAYLOAD, plod

STRIKE OUT

F	O	I	L		H	I	D		S	T	E	P		
E	N		O		O		H		H					
E	N	J	O	I	N		O	E	D	E	M	A		
L	U		N	E	A	R	S		S		R			
S	C	R	A	G	S		S	C	R	E	A	M		
T	E	R	R		T	A	H	A			A			
H		E	A	G	E	R	L	Y			C			
E		A	N	I		A		A	M	U		O		
P	A	D	A	N	G		S	T	E	P	U	P		
A	N	N	U	L		F		J	A	D	E			
T		N		C	U	R	I	A			V			
I	B	E	X		A		E		T	E	L	A		
R		O	C	T	E	T		G			L			
K	I	E	V		S		T	S	A	R	S			
S		R		A	B	O	U	T		A		Y		
N	U	N	C		I	O		B	O	I	L	E	D	
A		E		S		O		N		I				

FAST FIVE

K	A	P	P	A
E	M	I	R	S
B	I	N	E	S
A	C	K	E	E
B	I	O	N	T

RIDDLER
569 (5, 5+1=6, 8+1=9)

QUICK
1 5 6 8 3 9 2 4 7
8 4 2 1 5 7 3 9 6
9 7 3 4 6 2 5 8 1
5 2 4 3 9 1 7 6 8
7 8 9 5 2 6 4 1 3
6 3 1 7 8 4 9 5 2
3 1 7 9 4 8 6 2 5
4 6 5 2 1 3 8 7 9
2 9 8 6 7 5 1 3 4

MENSA PUZZLE
B: looking across, the dot moves 45° clockwise at each stage, but looking down it moves 45° anti-clockwise

QUOTE UNCODE
If there's a book that you want to read, but it hasn't been written yet, then you must write it.

ALPHA TRIANGLE
0, To, Hot, Goth, Ghost, Thongs, Gunshot.

GO FIGURE
Easy
9 + 5 + 7 + 4 = 25
Medium
8 − 5 − 1 × 2 = 4
Hard
3 + 9 × 2 + 3 = 27

LOOP

KAKURO

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Double check — Actress Katrina Kaif shared her approach to work is she always believes she has to give more and she is constantly cross-checking herself that whatever she is doing is excellent

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Being in conversation versus creating a legacy

Actor Vicky Kaushal, who has often created a stir with his videos on social media, says that the platform helps in building a conversation and is for day to day fun.

Talking about how social media helps in shaping an actor' stardom today, Vicky told IANS: "Social media helps you in building conversations. But there is a difference between being in a conversation and creating a legacy. Social media helps because there is direct access with the audience."

The actor, whose video on the song 'Obsession' became a rage, agrees that due to social media the attention span has become small. "The attention span has become small too because of social media as so much content is coming and new content is coming," he said.

The only thing that leaves a permanent mark is a film, Vicky believes.

"It's good that you're a part of a conversation, but you have to go deeper than that. For that, the permanency that films have which is our profession, passion and love which is always paramount. But social media is for day to day fun," said the actor, whose latest release is 'Sam Bahadur'.

—IANS

Lucky save

Actress Anne Hathaway was considering playing Barbie for Sony Pictures back in 2017 with Alethea Jones circling to direct. However, that didn't materialise and the actress is glad.

The Oscar-winner said in hindsight, it's a "lucky thing" that never happened, reports Deadline.

The actress said the team behind this year's 'Barbie', "hit a bullseye." She continued, referencing her 2017 project, "Now imagine that version, that much energy, that much anticipation, that much emotion, but it's not the right version." Hathaway offered her assessment on Josh Horowitz's 'Happy Sad Confused' podcast.

As per Deadline, she was equally effusive in her praise for the woman who is the producer and eventual actual onscreen Barbie, Margot Robbie.

She said, "Margot is just sublime, period. What she is doing as a creative person and a producer is so exciting and inspiring. And the mythic giants they toppled with (Barbie) that have kept certain narratives in place that have not allowed opportunities to develop for so many people. They ran straight through it, dancing, sparkling".

She added, "If I believed that the version I was attached to could have done that, yeah, I might feel differently about it, but I genuinely think their (film) was the best possible version. So it's actually very easy to just be thrilled and happy (for them). I'm also a person who loves watching women kill it. I just do, I just love it. And also, to do so well, so undeniably that they actually had to write new records, come on! ... I think it's probably going to make things better".

—IANS

RAW DEAL

Sanjana Sanghi reveals she finds getting dolled up for her roles a tedious task

Actress Sanjana Sanghi has shared that being dolled up for the characters is far more 'tedious' for her, and said how she finds it more 'unnatural'.

Sanjana made her acting debut as a child artist in 'Rockstar', and she had her breakthrough with the romantic drama film 'Dil Bechara', starring late actor Sushant Singh Rajput.

Talking to IANS, Sanjana said she is the happiest person if she has to perform completely 'raw' on the screen.

"Personally for me being dolled up is far more tedious. I find it more unnatural to me. If you tell me to turn up on set and not do hair and make-up, and just perform then I am the happiest person. That's really who I am," said Sanjana.

The actress shared how her debut role of 'Kizie Basu' in the movie 'Dil Bechara' was completely raw.

"So I am attracted to that, because it comes more naturally to me," shared Sanjana.

On what process she follows to choose roles, the 27-year-old actress said: "I think it is a bit of a process of 'what you seek is seeking you'. As I am doing more films I am realising that the choices I am making are obviously a reflection of somewhere there is a void I am trying to fill as an artist."

Sanjana said she chose to become an artist because there is some unresolved emotional conflict.

"I feel that we are trying to find a solution for. And I through every character personally I know that's the journey I am on. So sometimes a bubbly Katty, sometimes an innocent Manjari, sometimes responsible and vulnerable Sakshi. I think that's the journey and one is very grateful that through and all the genres are not repeating themselves," she said.

The actress said: "It's gone from a romantic tragedy to action film, to an adventure drama to now this thriller. And I think that's every actor's dream. So, I hope that this continues."

—IANS

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Heroine-cum-director

Apoorva is excited about her maiden movie Oh Nanna Chetana that is scheduled for release on December 15. With this film, Apoorva joins the list of women directors in Sandalwood. The trailer of the movie was released by Crazy Star Ravichandran on Sunday at MMB Legacy.

"It all happened during the shoot of Apoorva that was directed by Ravichandran sir in 2016. I was curious to know what was happening behind the camera. Ravihandran sir encouraged me then. Later, director Hari Santhu encouraged me by providing script, dialogues, and screenplay. While helming this movie, I realised how difficult a director's job is," says Apoorva. She said the movie was screened at Bengaluru International Film Festival and won an award. The movie is about how children are getting addicted to mobile phones, causing worry among parents. According to the director, the movie was shot during the lockdown at Tylur in Maddur. "I will not forget the support of the villagers. We supplied sanitisers and masks for the entire village during the shooting." Master Pratheek, Master Preetham, Baby Dandeshwari, Baby Dimpana, Baby Monica are the cast in the movie.

Teaser out

The team of Kenda has been busy with promotional activities. The team has succeeded in creating curiosity with its motion poster released a few months ago. Now, the team has released a teaser that too received a positive response from moviegoers.

Most of the cast are newcomers including Bharath BV, Pranav Sridhar, Vinod Ravindran. Bharat has appeared in Upendra-starrer Super and Dr Shivarajkumar-starrer Sugreeva. "Kenda is the first film in which I get to play a key character. I play a factory worker who gets into some trouble at work," says Bharath.

He said he is a mechanical engineer and a theater artiste and has acted in a few ad films. "The specialty of the director is he gives space to the actors to explore and experiment. I am confident of the success of this movie," he said.

The movie sees the debut of Ritwik Kaikini, the son of lyricist Jayanth Kaikini, as the music director. The movie has Gopal Krishna Deshpande. Roopa Rao, who helmed Gantumoote, is bankrolling this movie under the Ameyukti Studios banner.

Sahadev Kelvadi, who was cinematographer for Gantumoote, debuts as an independent director with this movie that revolves around a person working at a foundry.